



# **THE ULTIMATE PROBIOTIC CHECKLIST For Those Who Want to Take Back Control**

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For years my wife suffered from achy joints and muscle pains. Doctor after doctor stated nothing was wrong. Until with one last ditch effort, we found a doctor who identified the mystery of her ghost pains. It was her gallbladder. It contained innumerable stones. It was the culprit. It had to be removed. We met with a surgeon. He stated that two weeks before surgery and daily forever after my wife needed to take a probiotic supplement. Not just eat yogurt.

I worked with Dr. Dennis Clark to gather the research and information behind this probiotic checklist. It gives you a few things to think about as you dive into your probiotic research. As always consult the doctor who is helping you on your health journey.

- ☐ Do you take NSAIDS daily or more than three times a week?
- ☐ [WOMEN] Are you bothered by frequent vaginal yeast infections
- ☐ Are you experience sugar and carbohydrate cravings?
- ☐ Have you been treated or diagnosed with Irritable Bowel Syndrome?
- ☐ Have you been treated or diagnosed with Leaky Gut Syndrome?
- ☐ Do you feel like you aren't digesting meals properly?
- ☐ Have you been treated or diagnosed with high blood pressure?
- ☐ Do you have joint aches or muscle pain
- ☐ Is your blood pressure elevated?
- ☐ Are you suffering from an auto-immune disease or prone to respiratory infections?



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# Want to Learn More About Probiotics?

There are probably 100 different kinds of disorders that probiotics can help. Nowadays we have probiotic supplements because the foods aren't always convenient unless you eat a lot of kimchi and burn up your gut. There is an alternative.

[Learn More About Restora Flora Probiotic](#)

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